

# The Key to Mental Health



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**KELLY NIVEN**

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For Robyn and Jack.  
My world.

# Sample Chapter

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**Sample Chapter**

# Finding and fulfilling your life's direction

## **Beyond the daily grind ..... purpose vs direction**

Direction is life. When aligned this life force flows through each of us. It's as easy and effortless as nature itself. This may sound passive but it's far from it, being aligned is highly engaging and active.

If not aligned, there can be a sense of unfulfillment and a lack of direction maybe even a sense of being disadvantaged. Fear not, all feelings of dissatisfaction are the first step to realising there is more. This is life's attempt to awaken you and it will continue for as long as you are still breathing.

The mind attempting to resolve this confusion and unhappiness will resort to a myriad of forms. One attempt, led by many in the self-help / leadership movement is to find purpose / meaning (inc. Simon Sinek's, find your why).

This can create more confusion. It was said Hitler was leading a miserable and lonely life before he sought meaning and purpose in the armed forces by "serving his country". Much harm can be done in the name of purpose.

A problem created and solved with the mind, is two sides of the same coin.

A fresh way to look at problems when they arise is to view the issues as an opportunity to be more aligned to your life's direction.

Whatever the issue is - heartbreak, job loss, bereavement, dissatisfaction?

Let's open, let's see what's missing?

Do not love half lovers.

Do not entertain half friends.

Do not indulge in works  
of the half talented.

Do not live half a life.

Do not accept half a solution.

Do not believe in half truths.

Do not dream half a dream.

You are a whole

That exists to live a life,

Not a half life.

Khalil Gibran

Reading these words and being honest with oneself is a good start. Where and what is not whole?

If reading this you realise nothing in your life is whole, don't panic. Most others feel the same.

In the world of work, the problem of disengagement is becoming apparent:

## Live a life of purpose. ....

THE PAST	OUR FUTURE
My Paycheck	My Purpose
My Satisfaction	My Development
My Boss	My Coach
My Annual Review	My Ongoing Conversations
My Weaknesses	My Strengths
My Job	My Life

Source: : Gallup



- Gallup, global employee engagement specialists report that only 30% of the global workforce is engaged.
- McKinsey report only 85% of front-line employees disagree they can find purpose and meaning in their role.
- I don't need to add the statistics here for mental health, number of sick days, and the frightening increase of ADHD, autism.

The Celestine Prophecy is a fictional book but author (James Redfield) from his anthropology/social science background gives us a perspective of how spirituality has evolved. From the Middle Ages where the church and religion had much control over people's life, through the evolution of science where people wanted hard evidence of truth ..... to now a growing number of people awakening, seeking meaning beyond religion, the church and science.

Does giving up on the idea of purpose (and why) mean wandering and drifting aimlessly like vagabonds?

Thankfully the answer is no. Here will explain how to connect more deeply into the direction of your life.

A Million Miles Away, a movie of the inspiring story of Jose M Hernandez, a migrant worker who went on to become a NASA space explorer is worth a watch. He was fortunate to know his direction in life from a young age.

But it's never too late.

A recent conversation with a man in his 90's who has just completed a PHD and still plays his Accordion to live audiences is proof. It really is never too late to do anything.

Some challenges to overcome first:

### **Overcoming Challenges: Building Resilience and Staying Motivated**

On a recent trip to the Isle of Lewis in Scotland (my home country), I had an experience which perfectly highlights some of the challenges to overcome.

I was given insight to keep on exploring (driving) on a planned rest day, I was given the time of day to leave. It didn't make any logical sense but I have learned to trust.

Well kind of, I was thirty minutes late leaving.

Driving through forty minutes in the rain, my trust was fading, and I wondered what I was doing. We arrived at the beautiful (recommended) beach and my daughter overheard a conversation of a group of people in the car park.

A whale and some dolphins had been spotted. Would we get there in time?

We walk to beach where the other spectators were (with binoculars!). We didn't need them. We could see the whale and dolphins clearly. Minutes later the water was clear and calm.

It was a wonderful moment and I was overcome with gratitude.

What's interesting is a few days later we paid to go on an expensive trip for more sightings of the whales and dolphins.

The trip claims a 95% success rate. We were the 5% and spotted nothing.

The boat crew were professionals. They know what to look out for, where there is bird activity and feeding, it is likely there will be mammals feeding too.

They are what Martha Beck would call wayfinders. She teaches and coaches people through safaris in Africa how to track to see the animals – the level of awareness needed, the signs, how to spot and follow the track.

The safaris and tracking are used as a metaphor and way to teach people to track in their own life.

The point?

I attempted to write this chapter on the ferry to Lewis, it was dry and unimaginative. My creative juice zero. Life gave me a beautiful experience to include and bring it to life.

It didn't come from tracking; it came from within. But boy the next time I'm in Lewis, I'll be taking the binoculars and will be using the tracking skills in combination with insight. How exciting!

This is direction (and being directed) but being fully engaged in the process of creation. The mind/mental concepts are not needed!

## **5 Steps to Uncover Your True Direction**

1. Connect – keep this book and use it whenever needed to connect, stay connected and deepen your connection within.
2. Look back – whilst living in the past is not recommended, often there are golden nuggets in the decisions and reasons why we made certain choices – when calm, start to look through past choices and turning points in both career and life transitions. You could write a chapter list, as if you were going to write a book! Don't worry you don't need to write the book. Then look for a thread, the invisible hand, are there clues? What was important? values?
3. Sit with someone who is realised, who has reached their potential. There are times in life when you have read books, done the exercises, gone to classes, learned all you can but the best way I have found is to sit with someone who has done what I am hoping to achieve. This is the quickest way to learn and grow. It can be difficult though as the acceleration will often be intense – are you ready?
4. Learn to track – sitting and learning from a teacher is great but you have to then go into the world and put it into practice. That can only be done by you and you alone. You can share the journey with people some of the time. However, your life's direction is your own.

5. Faith, faith, faith – you can do everything I have mentioned above and there will still be times where it doesn't make sense. I have met with more disillusionment and disappointment than I care to mention here but I can tell you for sure through it all, it was a test of faith. Learning to face fear and sometimes failure without panicking is necessary to go on. Faith developed over time is something no-one or no event can take from you.

Another movie I recommend watching is Gifted Hands, the story of Ben Carson – a world class neurosurgeon, raised by a wonderful single mother who taught him all that was needed to find and fulfil his life's direction. Well worth a watch!

### **Some tips from me .....**

Some of what I share here are deeply spiritual truths to be handled and nurtured with care. I share some tips here for you to watch out for, lessons I've learned, often mistakes:

- Signs, omens, psychic – over reliance! – not everyone has nurtured the personality and maturity to handle their gifts so treat with caution – tarot cards and psychics might seem like a fun idea for a night out, but our lives are more precious than that.

- Magical thinking, Pollyanna, spiritual bypassing – probably been guilty of all on my own path but I learned deeply spiritual people are also deeply rooted.
- Ungrounded – “head in the cloud, feet on the ground”, is what we are looking for in the words of Dan Millman, The Peaceful Warrior. Connection to the divine brings energy, inspiration, love, without feet on the ground we quickly become unbalanced.
- Going beyond thoughts/feelings – as the Sufi’s say, “this too shall pass” – no thought or emotion is permanent.
- The stronger your connection, the more guidance/instruction you will be given. Stay clean and clear.
- Keep an open mind – direction may not take you where you think it will.
- Your purpose will be of benefit to the collective, not just to you as an individual.

It is easy to get distracted and not find a true path.  
It’s also easy to find it and get off track at times.

Hopefully all that’s shared here will help.

Connecting deeply so you can clearly hear your direction and guidance.

Also to learn from others who have learned to track, align and fulfil their life’s direction.

Potential unfolds along the way.

We wouldn't want to know it all, right?

Where would be the fun in that.

Buy Book Today:

<https://www.amazon.co.uk/Key-Mental-Health-depression-symptoms/dp/1484925319>

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Kelly Niven is the Founder of all about culture, providing engaging and empowering coaching and workshops.

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